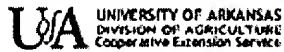


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Sweet Spreads Without Added Sugar

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Introduction

Pride and pleasure will be yours when you serve tasty, tantalizing jams and jellies made without sugar.

Artificial sweeteners cannot replace the sugar in regular jelly recipes. Special recipes must be used. If special recipes are used, artificial sweeteners may be used to sweeten the product, but read their labels carefully.

Products made without added sugar must be stored in the refrigerator or freezer unless they are made by the long-boil method or with specially designed "no sugar pectins." Special no sugar pectins have had mold inhibitors added. The finished product from either the long-boil method or from no sugar pectins should be processed in a boiling water bath for the time specified on the **pectin** package or in the recipe.

To help extend the storage time of refrigerated products, sterilize the jars by boiling them in water for 10 minutes. Then keep them hot until they are filled with the hot product.

NOTE: For the liquid sweetener used in these recipes, 1/8 teaspoon of liquid sweetener equals the sweetening power of 1 teaspoon of sugar. If you use other sweeteners, read the label to determine sweetening power and calorie content. If you use special no sugar pectins, follow the directions on the package.

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Jams

To prepare fruit for jam, sort and wash fully-ripe fruit. Remove any stems, caps, or pits. Peel fruits such as peaches and apricots. Crush the fruit.

For jams or jellies, the method of combining ingredients varies with the form of **pectin** used. Powdered **pectin** is mixed with the unheated crushed fruit; liquid **pectin** is added to the cooked fruit and sweetener mixture immediately after you remove it from the heat.

Cooking time is the same for all products – one minute at a full boil. The full-boil stage is reached when bubbles form over the entire surface of the mixture.

Jams made without added **pectin** or gelatin require longer cooking than those with added **pectin**. Cook the mixture to a temperature of 221°F.

If you do not have a thermometer, cook products without **pectin** or gelatin until they have thickened slightly. Remember to allow for the additional thickening as the product cools. Jams made without sugar are thinner than jams made with sugar.

Jams contain fruit pulp or pieces of fruit, which tend to stick to the kettle during cooking. Stir constantly to prevent scorching.

Strawberry Jam with Pectin (2 2/3 cups)

1 quart, cleaned strawberries
3-4 teaspoons liquid artificial sweetener
1 package (1 3/4-ounce) powdered fruit **pectin**
1 tablespoon lemon juice
Red food coloring, as desired

Crush strawberries in 1 1/2 quart saucepan. Stir in artificial sweetener, food coloring, powdered fruit **pectin**, and lemon juice. Bring to a boil and boil 1 minute. Remove from heat. Continue to stir 2 minutes. Pour into freezer containers, cover, and freeze. Thaw before serving. Store in refrigerator after opening.

1 tablespoon = 5 calories

Strawberry Jam with Gelatin (1 pint)

1 1/2 teaspoons unflavored gelatin
1 1/2 tablespoons cold water
3 cups strawberries, crushed
1 1/2 tablespoons liquid sweetener
1/4 teaspoon **ascorbic** acid powder
Red food coloring, as desired

Soften gelatin in cold water. Combine strawberries and sweetener in saucepan. Place over high heat and stir constantly until mixture comes to a boil. Remove from heat; add softened

gelatin; return to heat and continue to cook for 1 minute. Remove from heat; blend in **ascorbic** acid powder and food coloring. Pour into freezer containers. Cover. Store in refrigerator or freezer.

1 tablespoon = 5 calories

Sparkling Strawberry Jam (1 pint)

2 envelopes unflavored gelatin
1 12-ounce can strawberry diet carbonated beverage
2 cups strawberries
1 tablespoon granulated artificial sweetener

Sprinkle gelatin over beverage in saucepan. Add berries; simmer 10 minutes. Add sweetener. Beat with mixer until smooth. Pour into containers. Cover. Store in refrigerator.

1 tablespoon = 5 calories

Special Strawberry Jam (3 cups)

1/4 cup fresh lemon juice
1 envelope unflavored gelatin
1 tablespoon cornstarch
Dash salt
1 1-pound, 4-ounce, bag partially thawed frozen, unsweetened, whole strawberries
Artificial sweetener to equal 2 cups sugar

In a medium saucepan combine lemon juice, gelatin, cornstarch, and salt. Add strawberries, stirring constantly. Heat to a full boil. Boil 3 minutes; remove from heat. Stir in artificial sweetener. Pour into containers. Cover. Set aside to cool. Store in refrigerator.

1 tablespoon = 5 calories

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Raspberry Jam with Pectin (2 2/3 cups)

1 quart, cleaned raspberries
3-4 tablespoons liquid artificial sweetener
1 package (1 3/4-ounce) powdered fruit **pectin**
1 tablespoon lemon juice

Crush raspberries in saucepan. Stir in artificial sweetener, powdered fruit **pectin**, and lemon juice. Bring to a boil; boil 1 minute. Remove from heat. Continue to stir 2 minutes. Pour into freezer containers. Cover; freeze. Thaw before serving.

1 tablespoon = 5 calories

Peach Jam with Pectin (1 pint)

4 cups peeled peaches
3-4 teaspoons liquid artificial sweetener
1 tablespoon unsweetened lemon juice
1/2 teaspoon **ascorbic** acid
1 package (1 3/4-ounce) powdered fruit **pectin**

Crush peaches in saucepan. Stir in sweetener, fruit **pectin**, lemon juice, and **ascorbic** acid. Bring to a boil; boil 1 minute. Remove from heat. Continue to stir 2 minutes. Pour into freezer containers. Cover; freeze.

1 tablespoon = 10 calories

Plum-Peach Jam with Pectin (2 pints)

3 cups (about 12) plums
2 cups (about 4) peaches, peeled and sliced
1 package (1 3/4-ounce) powdered fruit **pectin**
4 teaspoons artificial liquid sweetener

In medium saucepan, combine fruits; crush slightly. Stir in fruit **pectin**. Bring to a boil and boil gently, stirring constantly, for approximately 5 to 10 minutes or until mixture thickens. Remove from heat and stir in liquid sweetener. Pour into freezer containers. Cover; freeze. Thaw before serving. Store in refrigerator after opening.

1 tablespoon = 5 calories

Strawberry- Banana Jam (2 pints)

4 cups (2 pints) cleaned strawberries
1 large banana, peeled and sliced
1 package (1 3/4-ounce) powdered fruit **pectin**
4 teaspoons liquid sweetener
1/4 teaspoon red food coloring

In medium saucepan, combine fruits and crush slightly. Stir in fruit **pectin**. Bring to boil and boil gently, stirring constantly, for 5 to 10 minutes, or until mixture thickens. Remove from heat and stir in, sweetener and food coloring. Pour into freezer containers. Cover; freeze. Thaw before serving. Store in refrigerator after opening.

1 tablespoon = 7 calories

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Jams – Long Boil Method

1. You may follow tested recipes for jams made by long-boil method without the addition of **pectin**.
2. Cook the fruit with liquid sweetener until jam is of desired consistency. (Substitute 2 tablespoons liquid sweetener for each cup of sugar.)
3. Pour the boiling hot jam into clean, hot jars; seal each jar as soon as it is filled.
4. Process in boiling water bath 15 minutes.

Strawberry Jam (Long-Boil Method)

4 cups crushed strawberries
8 tablespoons liquid sweetener

Measure crushed strawberries into a kettle. Add sweetener and stir well. Boil rapidly, stirring constantly until the mixture thickens. Pour into hot jars. Leave 1/4 inch headspace. Seal and process.

1 tablespoon = 10 calories

Blackberry Jam (Long-Boil Method)

4 cups crushed blackberries
8 tablespoons liquid sweetener

Measure crushed blackberries into a kettle. Add sweetener and stir well. Boil rapidly, stirring constantly until the mixture thickens. Pour into hot jars. Leave 1/4 inch headspace. Seal and process.

1 tablespoon = 10 calories

Note: Raspberries may be substituted for the blackberries in the recipe.



Jellies

Jelly is better when it is prepared in small quantities. The amount of fruit needed to yield the amount of juice called for in the recipe varies with juiciness of the particular fruit used.

Wash all fruit in several changes of cold water. Lift the fruit out of the water each time. Do not let the fruit stand in water.

The method of juice extraction differs with different kinds of fruit. Juicy berries may be crushed and the juice pressed out. Heating is needed for firmer fruits to start the flow of juice. Usually some water is added when the fruit is heated.

Put the prepared fruit in a damp jelly bag or fruit press to extract juice. Pressed juice should be strained through a double thickness of damp cheesecloth or a damp jelly bag.

Apple Jelly with Gelatin (1 pint)

4 teaspoons unflavored gelatin
2 cups unsweetened apple juice
2 tablespoons liquid sweetener
1 1/2 tablespoons lemon juice
Food coloring, if desired

Soften gelatin in 1/2 cup of apple juice. Bring remaining 1 1/2 cups juice to a boil; remove from heat. Add softened gelatin, stirring to dissolve. Add liquid sweetener, lemon juice, and coloring. Bring to a full, rolling boil. Ladle into freezer containers. Cover. Keep in refrigerator.

1 tablespoon = 9 calories

Apple Jelly from Bottled Juice (2 pints)

2 packages or 2 tablespoons unflavored gelatin
1 quart unsweetened apple juice
2 tablespoons unsweetened lemon juice
2 tablespoons liquid sweetener
Food coloring, if desired

In a saucepan soften gelatin in apple juice and lemon juice. Bring to a rolling boil, dissolving gelatin; boil 1 minute. Remove from heat. Stir in liquid sweetener and food coloring. Pour into containers. Cover. Store in refrigerator.

1 tablespoon = 8 calories

To make mint jelly: Add green coloring to apple juice to make a clear, deep green coloring.

If extract flavoring is used, add gradually to the hot jelly, stirring quickly to distribute flavor.

If mint leaves are used, place in each jar the growing tip with two or three leaves attached. When jelly is finished, remove from heat, cool slightly, and pour at once into containers. The mint will rise to the top of the jelly and may be left there.

Grape Jelly with Gelatin (1 1/2 pints)

2 packages or 2 tablespoons unflavored gelatin
1 bottle (1 pt 8 oz) unsweetened grape juice
2 tablespoons unsweetened lemon juice
2 tablespoons liquid sweetener

In a saucepan, soften gelatin in grape juice and lemon juice. Bring to a rolling boil, dissolving gelatin; boil 1 minute. Remove from heat. Stir in liquid sweetener. Pour into containers. Cover. Store in refrigerator.

1 tablespoon = 11 calories

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Butters

Fruit butters are usually made from fleshy fruits such as pears, peaches, apples, plums, and grapes. Wash the fruit and, in the case of the larger fruits, slice, then place in a covered vessel with just enough water to prevent burning. Cook until soft, then force the pulp through a wire sieve or a colander. Weigh the pulp, return it to the stove, and cook until it will mound-up on the spoon. Add spices and continue the cooking until the butter almost flakes from the spoon. Pour hot into sterilized jars and process in boiling water bath.

Stir fruit butter constantly to prevent scorching. In the early part of the cooking process, use a spoon, but as the butter becomes more concentrated, drops of hot butter which pop from the kettle may cause serious burns. So, use a stirring paddle of some tasteless white wood.

The vessel in which butters are cooked should be of heavy aluminum, porcelain, enamel lined, or copper. A heavy copper kettle is especially good for cooking butters, since they are less likely to scorch in the heavier vessel.

Spicy Apple Butter (3 cups)

1 pound cooking apples
2 cups unsweetened apple juice
1/4 teaspoon ground cloves
1/4 teaspoon ground allspice

1 teaspoon finely grated lemon peel
2 tablespoons lemon juice
1 tablespoon cider vinegar
1/2 teaspoon liquid sugar substitute

Wash, quarter, and remove stems from apples, but do not peel or core. In a large saucepan, simmer apples and apple juice, stirring occasionally, for about 20-45 minutes, or until apples are soft. Strain mixture and return puree to saucepan; stir in cloves, allspice, lemon peel, lemon juice, and vinegar. Simmer gently until no liquid seeps from the edges when a teaspoonful of apple mixture is placed on a cold plate. Remove from heat and stir in sweetener. Fill jars. Leave 1/4-inch headspace. Seal. Process 10 minutes in boiling water bath.

1 tablespoon = 10 calories

Apple Butter (5 pints)

Ripe apples
1/2 cup water
1/2 teaspoon salt
5 drops cinnamon oil
Sweetener to equal 2 cups sugar

Use enough ripe apples, cored and sliced, to fill a 6-quart kettle. Add water. Cover and cook over medium heat 6 to 8 hours, stirring frequently. Press through sieve. Reheat and add salt, cinnamon oil, and sweetener. Cook to desired thickness. Pour into hot jars. Leave 1/4-inch headspace. Seal. Process 10 minutes in boiling water bath.

1 tablespoon = 10 calories

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